

WORLD MASTERS ATHLETICS CHAMPIONSHIPS LAHTI, FINLAND 28/07/09 TO 08/08/09
RESULTS OF QMA MEMBERS

28&29/07/09 HEPTATHLON CHAMPIONSHIPS

LADIES			80H	HJ	SP	200m	LJ	JT	800m	POINTS	
W45	1	Marie Kay	12.32A	1.60	10.79	26.96	5.05	32.30Q	2.41.70		
			1155	1054	808	986	825	670	687	6185	WRp
W60	5	Jean Hampson	18.18	1.03	6.32	34.48	3.38	16.91	3.21.73		
			565	588	569	797	540	468	611	4138	

28&29/07/09 DECATHLON CHAMPIONSHIPS

MEN			100m	LJ	SP	HJ	400m	HRD	DT	PV	JT	1500m	POINTS
M60	1	Viddy Jermacans	13.98	3.70	dns	dns	dns	dns	dns	dns	dns	dns	
			711	447									

LADIES

JULIE BRIMS W40

100 Metres	SF3	1	12.53
100 Metres	Fnl	1	12.44
200 Metres	SF2	1	25.90
200 Metres	Fnl	1	25.41
400 Metres	SF1	1	1.00.55
400 Metres	Fnl	3	59.75

MARIE KAY W45

400m Hurdles	Fnl	1	1.05.16
400 Metres	SF1	1	1.00.79
400 Metres	Fnl	1	59.44
Long Jump	Fnl	1	5.23
Heptathlon	Fnl	1	6185WRp
80m Hurdles	Hept		12.32ARp
Javelin Throw	Hept		32.30 QR

ANNE RYAN W50

1500 Metres	Fnl	7	5.43.73
5000 Metres	Ht1	2	21.11.10
5000 Metres	Fnl	13	21.11.10
8km Cross Country	Fnl	10	35.02

WILMA PERKINS W55

Pole Vault	Fnl	5	2.20
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JEAN HAMPSON W60

800 Metres	Fnl	5	3.17.25
Long Jump	Fnl	6	3.33
Heptathlon	Fnl	5	4138

NOREEN PARRISH W65

100 Metres	SF2	2	16.16
100 Metres	Fnl	3	16.20
200 Metres	SF1	3	34.97
200 Metres	Fnl	7	35.45

RELAYS (INCLUDING QMA MEMBERS)

4 x 100m W40

Gianna Mogentale			
Julie Brims Q			
Jacqueline Bezuidenhout			
Kyle Strong	Fnl	1	48.01WRp

4 x 100m W55

Wilma Perkins Q			
Lynne Choate			
Lyn Peake			
Kate Johnstone	Fnl	2	59.55

4 x 100m W60

Noreen Parrish Q			
Jean Hampson Q			
Lynne Andrews			
Peggy Macliver	Fnl	2	1.03.63

4 x 400m W40

Kyle Strong			
Jacqueline Bezuidenhout			
Gianna Mogentale			
Julie Brims Q	Fnl	1	4.04.84

4 x 400m W50

Robyn Suttor			
Christine Penn			
Heather Carr			
Jean Hampson Q	Fnl	4	5.01.12

4 x 400m W55

Lyn Peake			
Noreen Parrish Q			
Lynne Choate			
Wilma Perkins Q	Fnl	2	5.17.36

MEN

RICHARD NORRIS M35

400m Hurdles	SF1	4	1.02.84
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BRIAN SAX M35 USA

800 Metres	Fnl	2	1.59.03
1500 Metres	Fnl	8	4.17.57

BRENDAN WHELAN M35

1500 Metres	Fnl	9	4.18.43
5000 Metres	Ht2	6	15.47.67
5000 Metres	Fnl	6	15.47.67
10,000 Metres	Fnl	6	33.48.59

SHAWN CLAYDON M40

400 Metres	SF2	13	4.35.03
5000 Metres	Ht1	7	18.28.81
5000 Metres	Fnl	19	18.28.81
10,000 Metres	Fnl	11	36.33.57
8km Cross Country	Fnl	28	30.18

ROSCOE McDONNELL M50

5000 Metres	Ht1	9	19.00.04
5000 Metres	Fnl	24	19.00.04
10,000 Metres	Ht2	12	38.08.04
10,000 Metres	Fnl	17	38.08.04
3km Steeplechase	Fnl	6	11.49.38
8km Cross Country	Fnl	26	30.23

GRAEME DAHL M55

5000 Metres	Ht1	8	20.24.63
5000 Metres	Fnl	20	20.24.63
10,000 Metres	Ht1	8	43.31.29
10,000 Metres	Fnl	20	43.31.29
8km Cross Country	Fnl	33	35.32

DICK DUNSTAN M60

Shot Put	Q2	11	5.58
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SEAN RYAN M60

800 Metres	SF1	4	2.32.29
800 Metres	Fnl	10	2.29.98
1500 Metres	SF2	4	5.14.29
1500 Metres	Fnl	10	5.19.51

COLIN BUYERS M65

100 Metres	QF3	1	12.96
100 Metres	SF2	2	13.10
100 Metres	Fnl	3	12.76
200 Metres	SF3	1	26.68
200 Metres	Fnl	1	26.38
400 Metres	SF3	1	1.03.37
400 Metres	Fnl	1	59.53

ELWYN EGAN M65

1500 Metres	SF2	11	6.17.46
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HARRY GILES M65

300m Hurdles	SF1	3	51.88
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CHRIS WINDLE M65

800 Metres	SF3	9	3.10.92
1500 Metres	SF1	11	6.31.98
5000 Metres	Ht1	8	23.17.98
5000 Metres	Fnl	22	23.17.98
8km Cross Country	Fnl	35	39.22

ALAN BRADFORD M70

800 Metres	SF2	1	2.37.83
800 Metres	Fnl	1	2.28.78 QR
1500 Metres	SF2	1	5.52.22
1500 Metres	Fnl	2	5.20.60
2km Steeplechase	Fnl	1	8.23.56

JOHN COOPER M70

100 Metres	QF1	2	14.09
100 Metres	SF2	3	14.03
100 Metres	Fnl	7	14.16
200 Metres	QF4	3	28.96
200 Metres	SF2	2	29.19
200 Metres	Fnl	6	29.45

RELAYS (INCLUDING QMA MEMBERS)

4 x 100m M35

Sandor Kazi			
Andrew Wilcox			
Richard Norris Q			
Ken Telfer	Fnl	5	45.52ARp

4 x 100m M65

Roy Fearnall			
Colin Buyers Q			
Tony Ireland			
Neville McIntyre	Fnl	3	52.77

4 x 100m M70

Norman Richards			
Donald Chambers			
Alan Bradford Q			
Robert Cozens	Fnl	3	56.42

4 x 400m M35

Ken Telfer			
Richard Norris Q			
Scott Lawrence			
Andrew Wilcox	Fnl	6	3.40.51ARp

4 x 400m M50

Wayne Marriott			
Roscoe McDonnell Q			
Stuart Paterson			
Bob Pearce	Fnl	8	4.17.04

4 x 400m M65

Neville McIntyre			
Tony Ireland			
Roy Fearnall			
Colin Buyers Q	Fnl	1	4.14.38

4 x 400m M70

Alan Bradford Q			
Robert Cozens			
Donald Chambers			
David Carr	Fnl	2	4.42.5